HYGIENE BULLETIN

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Emerson Cafe Menu

With Cost, Quantity, Water and Food Value Per Helping.

MENU NO. 1.

	Cost	Quantity	Water Gms	Protein	Fat	Carbohyds.	Calories
Oyster Soup.....	.04	4 oz.	106.44	8.8	8.9	33.0	51
Baked Halibut...	.10	1 slice ..	74.66	83.4	37.6	....	121
Roast Beef......	.10	1 slice ..	48.20	91.4	266.0	....	357
Mashed Potatoes.	.03	2 h. tbsp.	75.10	10.7	27.9	73.0	112
Tomatoes	.03	2 h. tbsp.	65.80	3.4	1.3	1.4	16
Tapioca Pudding.	.03	3 h. tbsp.	74.81	23.8	56.7	91.2	172
Cake	.03	1 piece ..	3.52	6.0	22.9	62.2	91
Cocoa	.03	1 cup ...	176.86	37.2	144.4	97.8	279
Whole Milk.....	.03	1 glass ..	191.40	29.8	81.8	45.1	157
Skimmed Milk...	.01	1 glass ..	200.91	31.0	6.2	46.4	84
Oranges	.02	A size....	158.50	6.2	2.3	87.1	96
Bananas	.02	A size....	94.86	6.4	7.3	113.7	127

MENU NO. 2.

	Cost	Quantity	Water Gms	Protein	Fat	Carbohyds.	Calories
Beef Loaf.......	.08	1 slice ...	63.00	113.2	71.6	....	185
Pot Roast.......	.10	1 slice ...	48.20	91.4	266.0	....	357
Protein Loaf....	.10	1 slice ...	81.84	30.85	30.4	59.7	127
Baked Lentils...	.10	1 slice ...	49.0	47.8	156.5	68.7	273.4
Mashed Potatoes.	.03	2 h. tbsp.	75.10	10.7	27.9	73.0	112
Lima Beans.....	.03	2 h. tbsp.	48.10	26.2	5.0	96.8	128
Parker House Rolls	.01	2 rolls ...	28.54	31.4	18.4	208.6	258
Apple Sauce.....	.03	2 h. tbsp.	76.38	1.0	9.3	190.7	201
Stewed Prunes..	.03	2 h. tbsp.	61.53	13.6	6.0	77.7	97
Ginger Bread....	.03	1 slice ...	11.28	14.3	50.2	156.2	221
Cookies	.01	1 cooky .	.91	3.2	10.4	33.0	47
Cake	.03	1 piece ..	7.28	9.7	33.5	106.1	149

MENU NO. 3.

	Cost	Quantity	Water Gms	Protein	Fat	Carbohyds.	Calories
Tomato Soup....	.04	4 oz.	108.00	8.9	12.3	27.6	49
Roast Beef......	.10	1 slice ...	48.20	91.4	266.0	....	857
Mashed Potatoes.	.03	2 h. tbsp.	75.10	10.7	27.9	73.0	112
Baked Beans....	.03	3 h. tbsp.	91.17	44.4	118.7	134.6	298
Stewed Apricots.	.03	3 h. tbsp.	50.62	8.7	13.6	224.1	246
Steamed Choco-Pudding	.03	2 h. tbsp.	53.40	20.5	73.5	114.1	208
Cake	.03	1 slice ...	14.30	17.8	52.7	18.40	255

Suggestive Menus

	Cost	Amount	Water Gms	Protein	Fat	Carbohydrs.	Calories
No. 1, 5 to 7 Years.							
Vegetable Soup..	.04	4 oz. ...	114.84	14.3	....	2.5	17
Graham Bread...	.02	2 slices ..	26.41	27.0	12.4	158.2	198
Gelatine Pudding	.03	2 h. tbsp.	63.59	18.5	.3	48.1	67
Total	.09		204.84	59.8	12.7	208.8	282
No. 2, 10 to 12 Years.							
Hot Beef Sand..	.05	....	50.19	60.8	168.8	74.5	303.5
Apricots	.03	3 tbsp. ..	50.62	8.7	13.6	224.1	246
Milk	.03	1 glass ..	191.4	29.8	81.8	45.1	157
Total	.11		292.21	99.3	264.2	343.7	706.5
No. 3, 10 to 14 Years.							
Scalloped Potatoes	.03	2 h. tbsp.	85.79	14.8	48.1	78.2	141
Fruit Salad......	.05	2 h. tbsp.	54.72	3.3	93.9	49.2	148
Cocoa	.03	1 cup ...	176.86	37.2	144.4	97.8	279
Total	.11		317.37	55.3	286.4	225.2	568
No. 4, 10 to 14 Years.							
Creamed Beef...	.05	....	39.6	49.5	165.2	9.2	223.5
Ginger Bread....	.03	1 slice ...	11.28	14.3	50.2	156.2	221
Banana	.02	1	94.86	6.4	7.3	113.7	127
Total	.10		145.74	70.2	222.7	269.1	571.5
No. 5, 8 to 10 Years.							
Whole Wheat Bread	.02	2 slices ..	32.26	33.4	7.0	171.2	212
Prunes	.03	4 large ..	153.20	4.1	1.9	182.9	189
Skimmed Milk..	.01	1 glass ..	200.91	31.0	6.2	46.4	84
Total	.06		386.37	68.5	15.1	400.5	485

Emerson School Lunch

CALLA KRENTEL, Instructor Domestic Science.

A new method of calculating food values, with a view to making them comprehensive and beneficial, has been started at the Emerson School Lunch Room.

The number of heat units produced by each food principle per helping is tabulated each day upon the menu board.

All those purchasing their lunches see at a glance what each dish contains, and the amount of water and number of calories of protein, fat and carbohydrates in each.

Entire menu and suggestive menus will be available for those who desire to know more about food values.

It is hoped that this will acquaint every child with foods and their values by constant observation.

The twenty-four hour requirement expressed in calories for different ages as recommended by Prof. Irving Fisher are as follows:

1 year	500	calories.
2- 4 years	500-600	calories.
5 years	800	calories.
6 years	850	calories.
7 years	900	calories.
8 years	980	calories.
9 years	1,050	calories.
10 years	1,100	calories.
11 years	1,175	calories.
12 years	1,250	calories.
13 years	1,350	calories.
14 years	1,475	calories.
15-18 years	1,600-2,000	calories.

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Cost of Food

MARY MULRONEY, Special Student, Emerson School.

All around us we hear discussions of the present high cost of living, and those who are students of economics assure us that prices will never again be low. The housekeeper's problem, therefore, is not to lower prices but to study values so that each expenditure shall be made wisely. The price paid for food must not be measured in terms of dollars and cents. Food purchased at small cost is cheap only when it is capable of maintaining the body in a state of efficiency. If it fails in this it is an extravagance. This does not mean that all cheap food is not nutritious nor does it mean that all expensive food is nutritious. It merely indicates that the money value of a food must not be the only determining factor. The housekeeper must learn what is the purpose of each food and in what way the food meets the body needs. The ability to purchase foods wisely and well takes study, thought and time.

The human body is a living machine whose purpose it is to transform one kind of energy into another kind. The main part of the food that goes into the body daily should be a sort that will yield energy. One of our needs is to find food which will supply that energy at the least cost and in a form which will give the best service.

The energy yielders of the body are sugar, starches and fats. The human body like other machines requires material for repairing and building it. The main building material of the body is "protein." The typical protein substances are lean meat, white of egg and gluten of wheat.

The specific food needs of the body must first be determined, then the various foods must be compared as to their ability to satisfy each of these needs.

The trained housekeeper will soon begin to ask herself which foods are cheapest as a source of energy and so she will make her choice on an intelligent basis.

The human body like the machine is a spender of energy. We must learn therefore the amount of energy the body spends every day.

The permanent food supply is attainable only by permanent system of agriculture that increases instead of decreasing fertility, and even these do not prevent population from overtaking production.

We have lived as have no other people in a superabundance of food but now that time is over. The era, therefore, of cheap food is past forever.

HOW GRACE LEARNED TO COOK.

JEAN DAVIDSON, 6B. Jefferson School.

In a country there once lived a little girl whose name was Grace. She wanted to learn to cook very much and one day she asked her mother if she would teach her to cook. Her mother said: "Grace, you are too small," and her aunts joined in saying: "Yes, she is too small." One day her father said to Grace's mother: "Why not teach Grace to cook, as she wants to so badly? I will make a table and foot stand if you and her aunts will make the other things. It will be her birthday in two days. Let's have things ready for them." Her mother and aunts thought it was a good plan. Grace's father started to work on the table and stool. Her mother started to make a little cook book and little table napkins and her aunts make a tablecloth and other things that were needed. They also got her some pans, spoons, knives, forks, plates and lots of other things. When Grace got up the morning of her birthday she was very happy. Her mother and aunts, who were up early, took her out in the kitchen to see her things. In her cook book she found all kinds of things and at the last she found candy. She did not wait to get to the candy but started right at the beginning. In one corner of the table was a package, she opened it and found six aprons and a cap. She was greatly pleased and that night she said to her mother, "I never enjoyed a birthday as well as this one."

DEEP BREATHING.

By W. L. O'REGAN, Physical Director Froebel School.

Breathing is, perhaps, the most common of our actions.

Breathing is so necessary for life that the Lord of Nature has seen to it; that it does not depend on conscious moments. For whether we are in sickness or in health. awake or asleep, we breathe.

What is true of breathing, namely, that it costs us nothing, is perhaps the reason why so many set too little value on it, as exercise, like so many other things, that are free.

What I want to write about, however, is not the unnoticed breathing of every moment, but the breathing that we make ourselves conscious of, in order that we may get from it some healthful effect. Let us call it "deep breathing."

The physical instructor in his work in the gymnasium insists on the exercise of deep breathing. It is of service not only to the athlete, who finds enjoyment in the exercise, but also to every one who would retain or in some measure regain health.

Deep breathing, of course, is an exercise of the lungs which, as every one knows, are porous, sponge-like bodies, covered with a delicate membrane called "pleura," situated in the chest cavity.

They are fed by a blood supplv brought by the "pulmonary artery." It is interesting to note that the color of the lungs after death is found to be almost black, in some cases, on account of the condition of the atmosphere breathed in by the person. A coroner, for example, will tell you that he is able to tell from the lungs whether a man has lived for a long time in an atmosphere like that of Chicago and Pittsburg.

By deep breathing is meant the taking in of a quantity of air that will not partially but completely fill the lungs from top to bottom, so to speak. When we inhale, that is when we breathe in a full breath, we cause the lungs to expand; when we exhale, that is when we breathe out the full breath that we have taken in, we cause the lungs to contract. In this way we develop the pectoral muscles, which aid in the strengthening of the chest and enlarging the space in which the lungs have to do their work. Here we ought to say that exercises that tend to contract the chest ought to be avoided.

If one is faithful to the simple exercise of deep breathing he will never have to complain of weak lungs, and it will perhaps prevent him from being numbered among the victims of tuberculosis.

Incorrect breathing is not uncommon. Yet it is not difficult. How should one breathe correctly? In this fashion: Let the arms hang at the side; let the chest, head and neck be erect; inhale slowly through the nostrils until the lungs are completely filled; exhale through the mouth. In conjunction with the exercises breathe in through the nose when you flex the muscle and breathe out through the mouth when you relax the muscle. When exhaling be sure that you get all the air out of the lungs. Let the breathing out be forcible but not a blowing. If you sound "ha" it will help you to correct exhaling. A few minutes, let us say three or four, every morning and evening, devoted to this extrcise. will be of great benefit to one's general health.

One concluding word. Should we hold the breath while doing exercises? Much has been written on deep breathing advocating the holding of the breath while exercising. Many have followed the idea and have held the breath as long as possible.

Food Customs and Diet in American Homes

RUTH FISHEL,
Special Student, Emerson School.

Every country has its special food problems. During the years marked changes in the diet have taken place, owing to the improved methods of cultivation of food, better methods of transportation, improvements in milling and other manufacturing processes; and also to the improvements in kitchen appliances. An illustration of the change of diet is shown by a ration used in an institution in Boston in 1850 compared with the ration used recently. In 1850 the diet was very simple, consisting of bread, molasses, potatoes and salt pork. The more recent ration of the same institution had added fresh and dried fruit, tapioca and sago. These would have been considered luxuries in 1850.

In early times it was necessary for a housewife to use a great number of kinds of pastry, cake, preserves, etc., in the winter, because of the lack of vegetable products. But owing to recent improvements, there is much less seasonable variation in the diet.

The food of any race or individual is to a very large extent determined by circumstances and environments. In New Mexico the people show a great preference for Spanish customs and diets. This is due to the nearness of New Mexico to old Mexico. In the early times people living on the sea coast used a great variety of fish and other sea foods, while people living in inland regions used seed-bearing grasses, birds and such other animal foods as were obtainable.

Considering the human race as a whole, there are three great epochs in man's diet, namely: (1) The early hunting period, in which man depended on a natural supply of vegetable and animal food. (2) The cooking period, in which man still used a natural supply of food but prepared it by the aid of heat. (3) The food-producing period, in which man has depended upon cultivation of both flock and garden crops.

It is interesting to note the difference in diet in the different regions and countries. In the Arctic region, the Eskimos, from necessity, live on animal food. In the Tropics, the plant production is of great importance in the diet. In Ireland the diet consists mostly of potatoes, skim milk and bacon. It is generally supposed that the Chinese and Japanese live upon rice; but rice is simply the most common and most abundant starchy food. The Japanese use a large variety of vegetables, fruits, fish, beans, etc. The Chinese use a large amount of pork, poultry, eggs, rice, fruits and vegetables.

We find that foods are used in the body in two ways; to build and repair tissue, and to furnish the body with energy required for muscular work. Foods containing nitrogen are indispensable to the body, because the cells and tissues contain a large amount of nitrogenous material. Nitrogenous foods such as lean meat, egg white, contribute to the energy of the body value of the diet, but the body depends mostly upon fats and carbohydrates.

The United States yields food products in great variety, owing to its great range in climate and agricultural conditions. In no country has there been greater variety of the farm, ranch and garden, from which to select, than in the United States today. The number of foods which may be called staples is small, including such articles as wheat flour, meat, milk, butter, dairy products and vegetables.

Animal and vegetable products are about equal in rank as sources of protein, some 48 per cent of the total being supplied by animal foods, and 52 per cent by vegetable foods, of which 43 per cent is contributed by cereals. Only 11 per cent of fat is furnished by vegetable foods. Animal foods and dairy products are the most important sources of fat, milk and cream, furnishing over twice as much as is supplied by other animal foods. Meats and poultry furnish about twice as much protein as the other animal foods, and of the different meats, beef and veal together furnish about half the total amount supplied by the entire group.

GARY DEATHS, FOR FEBRUARY, 1914

Name	Sex	Address	Date	Years	Months	Days	Color	Cause	School District
Anna T. Hanpinch	F	552 Van B.	3	1	10	9	W	Pneumonia	J
Michael Clark	M	552 Wash.	6	7 Hrs.			W	Premature Birth	J
Mariana Kellogg	F	1624 Mon.	4	30			W	Eclampsia	F
Pauline Marquivich	F	2215 Mon.	..	25			W	Tuberculosis	24
Jno. Horochak	M	1729 Penn.	10		4	8	W	G. E. Catarrh	F
Delions Pritilind	F	4th & 13th	10		10	9	W	Apoplexy	B
Rosaline Lucey	F	928 Roos.	4	55			W	Ptomaine Poisoning Canned Salmon	B
Manuel Vason	M	Gary Hosp.	10	43			W	Accidental Burns, Ill. Steel	
Mike Mikovich	M	Ill. Steel	11	26				Accidental Gas	
Edward Balewski	M	1880 Wash.	12	1	4	9	W	Asphyxiation	F
Stephen Dasovich	M	Ind. Steel	14	23	7		W	Accidental Suffocation by ore.	
Anna Maikich	F	2173 Jeff.	14		7	18		Convulsions	24
Helen V. Mirth	F	237 Chase	15		6	3	W	Pneumonia	A
Thos. D. Lawson	M	108 E. 8th	15			2	W	Atelectasis	E
Anna Zelawry	F	1325 Jack.	17		5		W	Pneumonia	F
Bennett Bucklind	M	431 Marsh.	19		2	27	W	Convulsions	A
Baby Stephenson	M	328 W. 6th	19				C	Still Born	J
Susan Flanagan	F	560 Mad.	Jan. 5	66			W	Cancer	J
Infant Simpson	M	Merch. Hosp.	21			1	W	Ateclectasis	
Harry Witham	M	1151 Wash.	20	34	1		W	Pneumonia	F
Victor Gracik	M	2204 Mad.	22			10	W	Pneumonia	24
Jos. Bronizonosky	M	322 Marsh.	22	10 Hrs.			W	Pneumonia	A
John Dennis	M	2145 10th Pl.	22		2	21	W	Tetaney	B
Andrew Herron	M	1710 Penn.	23		5	12	C	Cholera Infantum	F
Anna Stohna	F	1627 Conn.	23		2	3	C	Pneumonia	F
Bob Oryschkovitch	M	Ill. Steel.	24	54			W	Accident, E. J. E. R. R.	
Julia Baknick	F	23d & Gar.	24	5	1		W	Accidental Burns	B
Unknown	M	1535 Bdwy.	Jan. 7	35			W	Foul Play, Forehead Crushed	F
Baby Gregon	M	1541 Jeff.	26				W	Still Born	F
Andrew Cokata	M	1528 Jack.	25	31			W	Accidental, fall down stairs	F
Joseph Sekac	M	1130 Adams	27		5		W	Pneumonia	F
Hewaka Korea	M	1122 Mad.	27	24			W	Accident, Fell on Side Walk	F
Bertha M. Hanry	F	715 Adams	27	10	4	17	W	Blood Poisoning following ruptured appendix	J

Number deaths reported in February	92
Males	47
Females	45

REPORTABLE DISEASES IN GARY, FEBRUARY, 1914

Made up from Records of City Board of Health and Hygiene Department of the Public Schools

Name	Address	Age	No. in Family.	Date Rep't'd	Quar. Est'd.	Quar. Raised	School Attended
MEASLES							
Ralph Kreiger	2185 Wash.	*8	3	2-2	2-2	...	24th
Katie Kaenig	23rd & Mad.	*5	3	2-6	2-6	...	None
Mary H. Mullen	301 Jeff.	9	9	2-9	2-9	...	Jeff.
Lizzie Zsudel	1810 Conn.	*16	4	2-28	2-28	...	None
Arnold Peterson	Clk. Rd. & Riv.	6	3	2-24	...	...	Clark
SCARLET FEVER							
Mary Yawn	26th & Penn.	8	10	2-3	2-3	...	24th
Frank Koonsman	608 W. 6th	7	6	2-3	2-3	...	Jeff.
San Sansome	Adams & Rg. Rd.	17	9	2-4	2-4	3-2	G. Pk.
Carl Josh	2506 Wash.	7	7	2-6	2-6	3-10	24th
Fred Josh	2506 Wash.	4	7	2-19	2-19	3-10	None
Ella Yavor	26th & Penn.	10	6	2-23	2-1	2-23	24th
DIPHTHERIA							
Josephine McDermitt	368 Monroe	2	4	2-3	2-3	2-11	None
SMALL POX							
Helen Bronikonsky	322 Marshall	18	4	2-20	2-20	...	Amb.
CHICKEN POX							
B. Kirkpatrick	Clarke Stat.	7	..	2-10	...	...	Clk.
John Novalny	1445 Madison	5	..	2-13	...	...	Fbl.
Anna Svtanich	1733 Mass.	13	..	2-14	...	...	None
Emma Harischalk	1729 Penn.	5	..	2-19	...	...	Fbl.
Edward Danea	19th Street	6	..	2-19	...	...	Fbl.
Joseph Bodnan	1917 Del.	5	..	2-21	...	...	Fbl.
Mary Bodnan	1917 Del.	7	..	2-21	...	...	Fbl.
Harry Barney	2293 Wallace	14	..	2-23	...	...	Bev.
Wm. H. Fitzgerald	206 Jackson	6	..	2-20	...	...	Jeff.
Bellva Schroeder	555 Adams	20	..	2-27	...	...	None

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*Age in months.

CITY FOOD INSPECTOR'S REPORT FOR FEBRUARY.

	Total	Clean	Fair	Filthy	Improved
Baker Shops	24	4	13	7	5
Restaurants	27	12	10	5	10
Groceries and Markets	76	20	45	11	35
Hotel Kitchens	6	3	3	..	..
Coffee and Butter Stores	4	2	2	..	1
Milk Depots	4	3	1	..	..

Number of inspections made, 350.

Goods found not fit to use and destroyed:

½ Bbl. of Pickled Pork.
1 Bob Veal.
1 Basket of Smoked White Fish.
41 Gallons of Apples, which were being used for pies.
10 Gallons of Raisins, also used for baking pies.
38 Cans of assorted canned goods—Corn, Peas, Soups, etc.
18 Pieces of Steaks.
1 Pork Loin.

FRANK HUBINGER,
Food Inspector.

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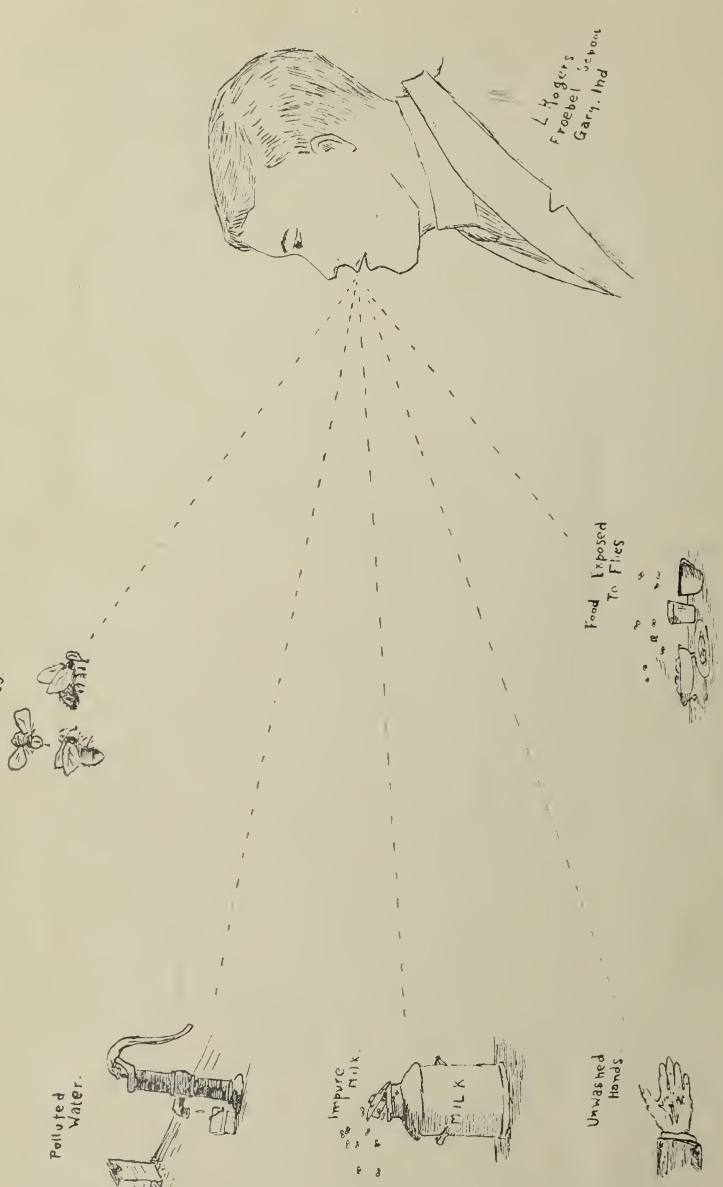

By These Paths Germs Reach The Mouth.